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MILK

White Magic



A GUIDE FOR
PROGRAM AIDES
IN HOME ECONOMICS

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White Magic

A GUIDE FOR PROGRAM AIDES IN HOME ECONOMICS

I. PURPOSE

To help families choose and use dairy foods to get the most food value for their money.

II. POINTS TO MAKE

- Milk, "white magic," is the most nearly perfect food. It can help you balance every meal. It is very important for breakfast. Milk and cheese help build strong bones and teeth in growing children and keep adults' bones strong.
- Everyone from baby to grandpa needs some milk, but the amount varies. Growing children and pregnant or nursing mothers need the most milk—3 to 4 cups a day. Other adults need 2 cups each day. You can drink milk, or eat it in cooked foods or as cheese.
- Milk comes in many forms. You can get dry milk, evaporated milk, fluid milk, buttermilk, cheese, and ice cream. Choose the forms that suit your family.
- Keep fluid milk and cheese in a refrigerator. Dry skim milk and evaporated milk may stay on a shelf until you use them. After they are open, keep them in the refrigerator also.
- Dry skim milk and cheese can stretch your food dollar in many ways.
- Think of other points the families might need to know about milk.

III. WAYS TO SHOW AND TELL

- *Look* for good ways the family now uses milk. Tell the mother about them.
- *Size up* the home and family before you suggest changes.
- *Let* the mother tell you what form of milk she uses. How much? This may help you see things to suggest.
- *Suggest* easy ways to use dry milk. She may combine a quart of mixed dry milk with a quart of fresh milk for drinking.
- *Show* her how to use it in cooking, both dry and mixed.

- *Point* out the value of milk for the whole family, especially for children.
- *Show* how dry skim milk saves money.
- *Show* women on the Food Stamp Plan how they can get the most from the milk group for their money.

What other ways could you show and tell families about milk's "white magic"?

IV. THINGS FOR THE FAMILY TO DO

Use more dry skim milk and cheese in cooking. This is most important if some members of the family do not drink milk.

Use milk or cheese in some form for breakfast. *Add* some milk or cheese to the meal when dried beans or rice are the main dish.

Use more milk and fewer soft drinks for children. Serve milkshakes made with dry skim milk.

Tell friends about using dry skim milk.

What other things might a family do to make the most of "white magic"?

V. THINGS TO NOTE—A LOOK AHEAD

- What changes have you noticed in the ways families use milk and cheese? What forms of milk and cheese are they using? How do they prepare milk and cheese dishes? What other foods are they eating with them? Are they using more milk and cheese? If not, try to find out why.
- Are any of the women willing to invite some friends to meet and work with you? Show them how to make milk and cheese dishes. Let them taste the food.
- Write information on use of milk on each family's Food-Use Sheets.

What else can you do to help families use dairy foods?

VI. MATERIALS FOR FAMILIES

Ask your trainer agent for leaflets to give to families.